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For: Method Of Alleviating Barometric-Induced Symptoms In Airline Passengers

### **ABSTRACT**

A method of alleviating the symptoms of ear and sinus cavity blockage in a descending  
5 aircraft, and a kit that provides the medications and instructions for a user to accomplish the  
method. The method contemplates ingesting a nasal decongestant at least one hour before the  
scheduled aircraft landing time, for non-specific shrinking of the nasal lining, and applying a  
nasal decongestant spray into the nose later in flight than the ingestion of the nasal decongestant,  
to shrink the nasal lining. The ingested and sprayed decongestants help to shrink the mucosa,  
10 including at least the nasal lining, to decrease the pain associated with blockage as an aircraft  
descends. The ingested nasal decongestant currently comprises pseudoephedrine, and the  
preferred dose is about 60 mg. The sprayed nasal decongestant currently comprises either  
phenylephrine or oxymetazoline, either of which may be in a concentration up to about 1%.